

## I Am Going to the Chiropractor

I will go to Focus on Health Chiropractic to feel better

I will follow directions. I will stay calm and be safe. I will tell someone if I need or want anything.



First, I check in at the front desk on the iPad.

I have to type in my phone number.



Then, I wait in the waiting area. I can watch the TV, read, or use anything I brought with me.

I can ask to use the bathroom if I need to go.

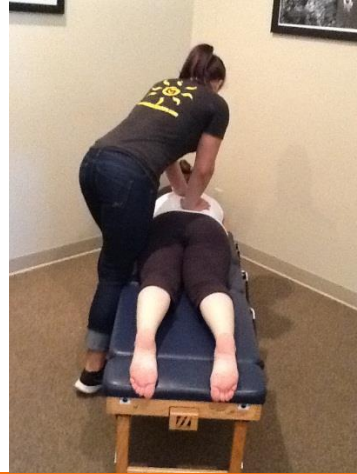


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Next, I will go to the adjustment room and lay down on the table.

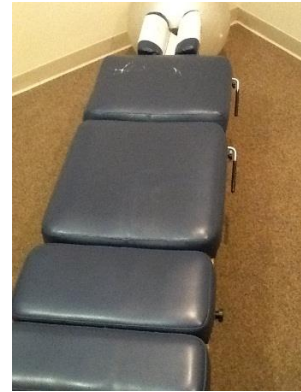
I will get a massage. There will be pressure and pressing but it will not hurt.

I will lie still and move when the Technician tells me.



I will stay in this room, on the table, after the Technician is done.

The doctor will come in to see me. He will push and press on the areas of my body that need to feel better.



Then, I will go into the exercise room to work on exercise I can do at home to feel better.

I will listen to the Technician and only touch what I am supposed to touch. I can ask questions.



When I am finished, I check out at the front desk.

I am all done!

